

BRIEF OR SOLUTION-FOCUSED TREATMENT

I. Definition of Service:

Outpatient mental health treatment using a model of intervention focused on a clearly defined problem, with solutions identified collaboratively by the individual and the therapist. The model involves active participation by the individual in resolving the problem, and the course of treatment is usually completed within ten sessions. The individual and therapist actively review goals, objectives and progress at each session during the treatment process. Individuals who have well defined, time-limited treatment goals, and the capacity to actively participate in reaching those goals are most appropriate for this modality of therapy.

Treatment plan must:

- Focus on individual's strengths.
- Define time-limited, concrete, measurable treatment goals.
- Apply specific interventions/action steps to targeted problems.
- Include indicators and/or plans for termination.

II. Admission Criteria:

All of the following criteria are necessary for admission:

A. Individual presents psychological symptomology consistent with a covered ICD-9-CM and DSM IV-TR (Axis I-IV) diagnosis that requires, and is likely to respond, to therapeutic intervention.

III. Exclusion Criteria:

Any of the following criteria are sufficient for exclusion from this level of care:

A. Individual meets criteria for a higher level of care.

IV. Continued Stay Criteria:

All of the following criteria are necessary for continuing treatment at this level of care:

A. Individual demonstrates motivation for treatment by active participation

V. Discharge Criteria:

Any of the following criteria are sufficient for discharge from this level of care:

A. Individual meets criteria for an alternative level of care.

B. Individual chooses to discontinue working towards treatment goals.